

Cookbook for campers



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Girl Scouts®
Where Girls Grow Strong™

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Cooking note:

1 charcoal = 40° and + 1-2 more for cold, wet, or windy weather.

Ex. 360° = 9 charcoals

Each charcoal lasts about 30 minutes, so if the recipe cook time is over 30 minutes, change out the coals.

Breakfast!!!

Foiii!

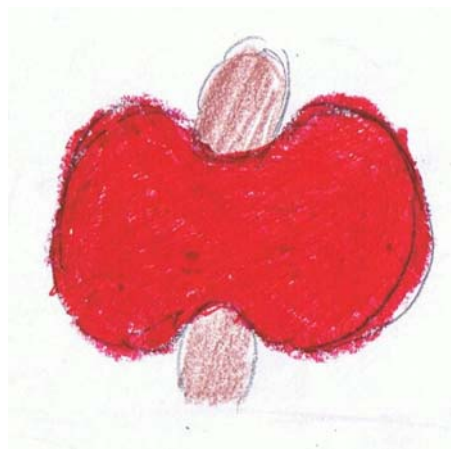
Worm in the Apple

1 apple

1 sausage link

Aluminum foil

Core an apple, stuff with sausage link, wrap in foil, and cook until soft (~40 min.).



McCamper Breakfast

Ingredients:

- 1 English muffin
- 2 slices Canadian bacon
- 2 slices cheese
- 2 eggs
- Butter
- Salt & pepper



Procedures:

Make a leak-proof basket out of foil. Lay the muffin in the foil, open face. Butter the muffin. Put the Canadian bacon and cheese on each side of the muffin. Crack the eggs over the muffins. Salt and pepper. Close up foil and cook contents until eggs are cooked.

Blender Breakfast

Ingredients:

- 1 bag shredded hash brown
- 6 eggs
- 1 lb sausage or ham, cooked
- 1 medium onion, chopped
- 2 cups shredded sharp cheese
- Salt and pepper
- red, yellow, or green peppers, optional

Procedures:

Beat eggs. Place eggs and chopped onions into the bag of hash browns and mix by squeezing. Then pour the mixture into a bag made of foil doubled over. Add some salt and pepper. Heat on coals and turn every 5 minutes.

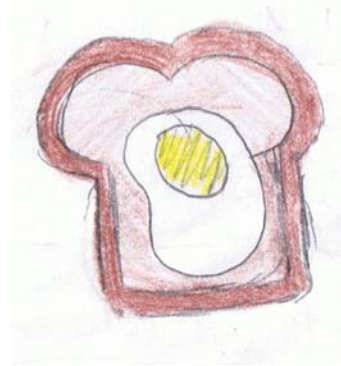


Skillet

Bump on a Log

Ingredients:

- *Piece of Bread*
- *1 Egg*
- *Dab of Butter*

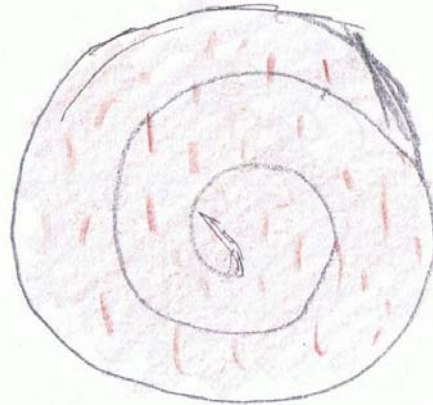


Procedures:

Put butter in a skillet, tear out a ring in the bread (to make a hole for the egg), and place bread in skillet. Crack open the egg and place it in the center of the bread. Grill both sides.

Pecan Caramel Rolls

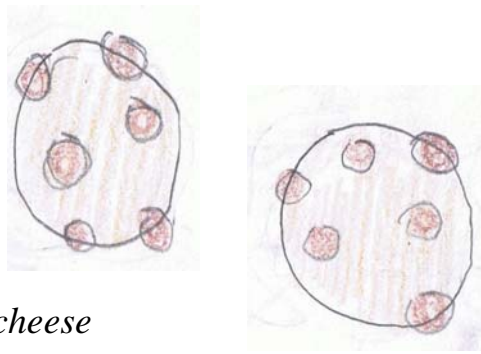
- 1 tube of refrigerator biscuits (10 count)*
- 1/2 cup brown sugar*
- 1 stick butter or margarine*
- Generous amount of chopped pecans*
- Cinnamon*
- Raisins (optional, but good)*



Melt butter, brown sugar, cinnamon, and a tablespoon of water in the cover of a chef kit. (large frying pan) Stir well until sugar/butter becomes a caramel. Add pecans and raisins to the caramel mixture. Cut the biscuits into quarters. Stir into the caramel mixture, coating each part with caramel. Place the pan in the Dutch oven using the "three stone method" bake the biscuits until they are golden brown. About 15 minutes. Enjoy.

Sausage Balls

- 1 lb sausage
- 3 cups Bisquick
- 1 8 oz jar Cheese Whiz or shredded cheese



Combine sausage (cooked), Bisquick and cheese; shape into balls. Bake in preheated 300 degree oven for 25 minutes or until lightly browned.

Breakfast Burritos

Ingredients:

- 6 eggs
- 1/2 lb turkey bacon (or precooked bacon or Hormel Bacon Bits)
- Hunk of cheese
- 3 tortillas
- Spices
- Dried tomatoes
- 2 tsp powdered milk
- 1/4 cup water
- 3 packets of Taco Bell hot sauce

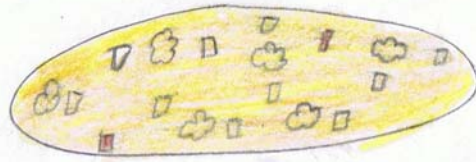


Procedures:

Fry bacon and set aside on paper towels to drain. In a pot, scramble eggs and add in powdered milk and water. Pour mixture into frying pan. Scramble eggs then add cheese (broken into small pieces), spices, and tomatoes. Put eggs and bacon in tortillas and smother with hot sauce.

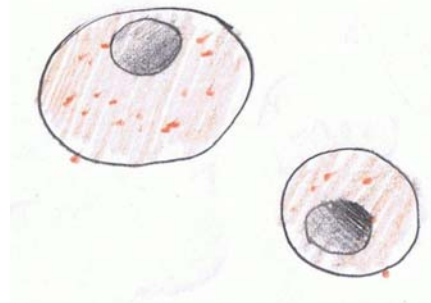
Dutch Oven

Breakfast Pizza



All you need is biscuit dough pre-made from the store or homemade if you have the time, eggs, ham, bacon, sausage your preference or all three and cheese. First stretch the biscuit dough thin a spread it over the bottom of the Dutch oven so none of the oven can be seen. Then pour a small layer of scrambled eggs over the dough. Add your preference of ham, bacon or sausage or all on top of the eggs if you use bacon pre-cook it. Then spread the cheese over that and cook for 10 to 15 minutes and the Scouts will eat it up.

Cinnamon Sugar Donuts



*Several tubes of refrigerator biscuits
Mixture of sugar and cinnamon
Cooking oil*

*Heat about one and a half inches of cooking oil in the Dutch oven. Be careful not to allow it to become too hot. Heat over coals, **NOT FLAMES!** Prepare the biscuits by sticking your thumb through them to make a ring. **CAREFULLY** drop them from a spoon into the hot oil. Turn them once. Remove them from the oil and roll them in the cinnamon and sugar mixture. **WARNING:** These are habit forming.*

Pita Pocket Breakfast

1 lb sausage (pork, turkey or ground beef)
1 medium onion, minced
6 Pita breads, medium
1 clove garlic
1 bell pepper, diced
12 eggs, beaten
1 jar salsa



Pre-heat DO (@12 coals on the bottom). Brown sausage drain fat, saving 2 TBS. Stir in onion, garlic, pepper, sauté with sausage. Add eggs, sausage fat and cook together until eggs are scrambled. Spoon into Pita Pockets top with salsa to taste. (Hints: Brown sausage and sauté garlic onions and peppers in advance, refrigerate or freeze in Ziploc bags. Add 2 TBS of Olive Oil when cooking in camp in lieu of sausage fat. This will save time and reduce the sausage fat that will need to dispose of).

Quick & Easy Breakfast Casserole

(a.k.a. - Cholesterol Casserole)



8 slices of bread
2 pounds of sausage
16 oz grated cheddar cheese
12 eggs
1 qt. Milk
1-1/2 tsp. Dry mustard
1 tsp salt

Line a 12" Dutch oven with heavy-duty foil. Lightly grease the foil with butter. Break up bread into the oven. Crumble cooked sausage meat over bread and cover with cheese. In a separate bowl, mix eggs (lightly beaten), milk, dry mustard, and 1 tsp. salt (to taste). Pour the egg mixture over the layered bread/sausage/cheese in the oven, cover, and bake for 35 - 40 minutes, checking occasionally. The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs, making a super filling camp breakfast for a crowd!

Mountain Man Breakfast

*1/2 lb bacon (or pre-cooked sausage)
Med onion
2 lb. bag of hash brown potatoes
1/2 pound of grated cheddar
1 dozen eggs
Small jar of salsa (optional)*



The following requires 6-9 bottom coals and 12 -15 top coals:

Pre-heat 12" Dutch oven. Slice bacon and onion into small pieces and brown in the bottom of the DO until onions are clear. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes) Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set.(10 - 15 minutes)

Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted. Optional: cover cheese/egg mixture with a small jar (~ 1 cup) of SALSA. Cover and cook for an additional 3-5 minutes. Slice and server like quiche. (Real men don't eat quiche but I sure get lots of requests to cook up the Mountain Man.) Cooking times will vary with the weather and your state of awake but it's almost impossible to screw up. Serves 6

LUNCH!

FOIL

Peachy Yums

*Canned peach halves
Large marshmallows
Cinnamon*



Place a well drained peach half, cut side up, on a piece of foil large enough to wrap it. Put one large marshmallow in the peach and sprinkle with a little cinnamon. Wrap the peachy yum. Warm in the box oven until the marshmallow is melty, 5-10 minutes.

Orange Hull Muffins

Ingredients:

- 6 oranges
- 2 pkgs. muffin mix, any flavor

Procedures:

Cut oranges in half and scoop out orange segments (it is the hollowed peel shells that you need, but eat the fruit). Prepare the muffin mix according to package directions. Fill the orange peel cups half full of batter. Wrap each one loosely with heavy duty aluminum foil. Place in hot coals and make certain the batter side stays up. Cook until muffins are done (5-10 minutes).



Chili-Cheese Nachos

Ingredients:

- *Medium pkg. tortilla chips*
- *1 15-oz. can chili*
- *16 oz. shredded sharp cheddar cheese*
- *Onion, diced*



Procedures:

Put tortilla chips in the 2 foil cake pans. Use 1/2 can of chili for each pan of chips, and spoon chili over the chips. Add diced onion and cheese on top. Cook at 350°F for 10 minutes. Add tomatoes just before removing from heat. Cool slightly before consuming.

Super Mac and Cheese with Broccoli

Ingredients:

- *1 14.5 oz can chicken broth*
- *1 cup elbow macaroni*
- *1 10 oz package frozen broccoli*
- *1 cup cheddar cheese, shredded*
- *4 tbsp parmesan cheese, grate*



Procedures:

Bring the chicken broth to a boil. Add the macaroni and boil for 8 to 10 minutes, or until tender. Don't drain the broth from the noodles. Add the rest of the ingredients to the pan and continue to simmer until everything is hot.

Dinner!!~

Foil

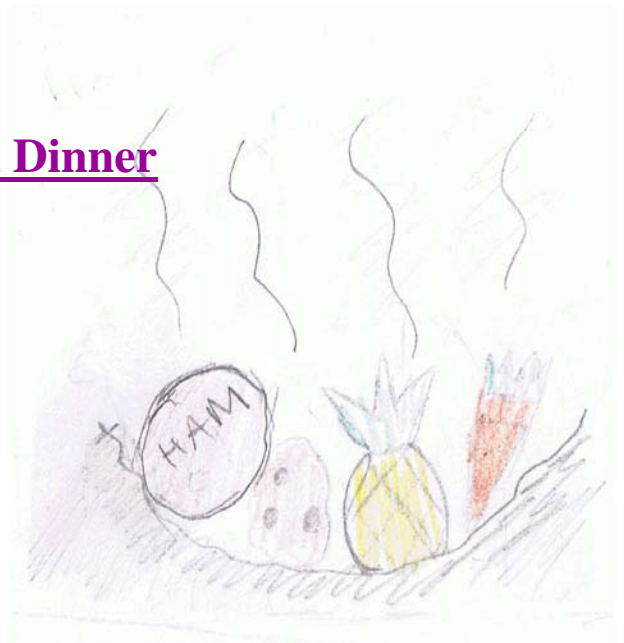
Hawaiian Ham Dinner

Ingredients:

- *Ham, sliced*
- *Carrots, sliced*
- *1 tsp brown sugar*
- *Potatoes, cubed*
- *Canned pineapple*

Procedures:

Place the ham, potatoes, carrots, pineapple, and brown sugar on foil. Sprinkle with pineapple juice from can. Seal foil and place on coals for about 30 minutes turning every 5 minutes.



Cheesy Chicken & Veggies

Ingredients:

- 4-6 Chicken Breast
- 1 can Cream Chicken Soup
- 1 can Cheddar Cheese Soup
- 1 lg. or 2 small cans of mixed vegetables

Procedures:

Combine both soups (condensed) and vegetables. Stir together. Add chicken and coat with mixture. Seal up in foil tightly and cook for about 20-25 minutes or until chicken is cooked well.



Campfire Potatoes

5 med. Potatoes, peeled & thinly sliced

2 Tbs. Minced parsley

2 Tbs. Worcestershire sauce

1 med. Onion, sliced

6 Tbs. Butter or margarine

1/3 c. chicken broth

1/3 c. shredded Cheddar cheese

Salt & Pepper, to taste



Place potatoes and onion on a large piece of heavy-duty foil, about 20x20 inches. Dot with butter. Combine the cheese, parsley, Worcestershire sauce, salt and pepper. Sprinkle over potatoes. Fold foil up around potatoes and add broth. Seal the edges of foil well. Grill, covered, over medium heat for 35-40 minutes, until potatoes are tender. Yield 4-6 servings. Thinly sliced carrots, celery, etc. may be added.

Campfire

Bacon and Hash Brown Casserole

Ingredients:

- *1 lb bacon, cut strips in half*
- *1 small onion, chopped*
- *1 small green pepper, chopped*
- *8 oz sharp cheddar cheese, shredded*
- *1 can cream of celery soup*



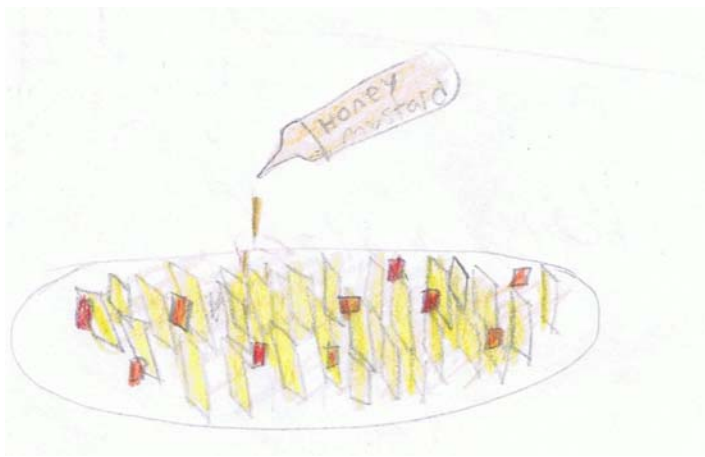
Procedures:

Fry bacon until crisp. Add onion, green pepper, and hash browns and continue to fry until the hash browns are fully cooked (adding a little bit of cooking oil if needed to keep from burning). Then, add the soup and cheese and continue to cook until the cheese has melted.

Honey Mustard Pasta Salad

Ingredients:

- *1 cup dried pasta*
- *½ cup cooked ham, diced*
- *½ cup tomatoes, diced*
- *1 tbsp honey*
- *1 tbsp mustard*
- *2 tbsp olive oil*
- *1 tsp vinegar*
- *½ tsp ground black pepper*
- *1 clove garlic, minced*
- *¼ cup cheddar cheese*

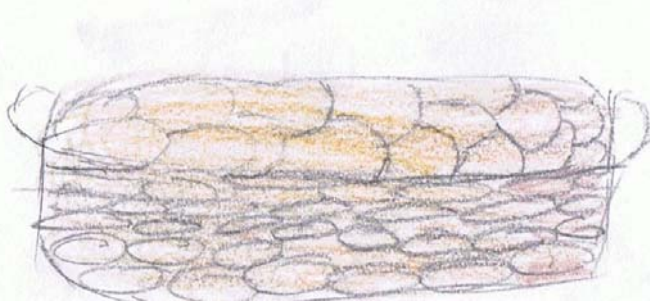


Procedures:

Cook pasta in 2 quarts boiling water for 10 minutes. While pasta is cooking, add honey, mustard, olive oil, vinegar, black pepper, and garlic to the serving dish. Drain water from cooked pasta and add to serving dish with cooked ham and tomatoes. Mix and then top with cheese.

Ham & Potatoes Au Gratin

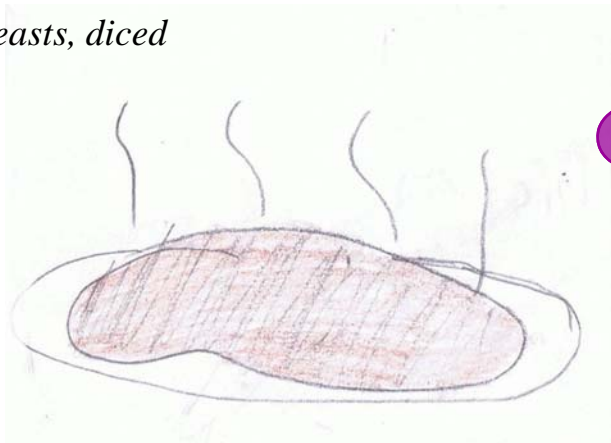
1-1/2 c Cooked Ham, Diced
2 c Milk
3 c Potatoes, Diced
Seasoned Salt and Pepper
4 tbs Margarine
1/2 c Grated Cheese
1 onion, minced
2 tbs Fine bread crumbs
3 tbs Flour



Melt margarine and sauté' onion. Blend in flour to make a light rue. Gradually add milk and cook; stirring until thickened. Add pepper and seasoned salt. Pour over ham and potatoes in Dutch oven. Sprinkle cheese and bread crumbs over top. Bake at 400 for 20 min.

Chicken Curry

4 lb boneless, skinless chicken breasts, diced
3 cup chopped onion
4 cloves garlic, chopped
3 cup chopped apple
3 16 oz cans of diced tomatoes
3 tablespoons curry powder
2 tablespoons ginger
1-2 cups water
2-4 teaspoons chicken bouillon



Heat Dutch oven. Cook onion and garlic in olive oil. Remove onion and garlic. Cook chicken breasts until chicken is no longer pink. Add tomatoes, apples, onions and garlic, water, bouillon and spices. Serve over rice. Top with chutney, sliced almonds, or shredded coconut.

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Dessert

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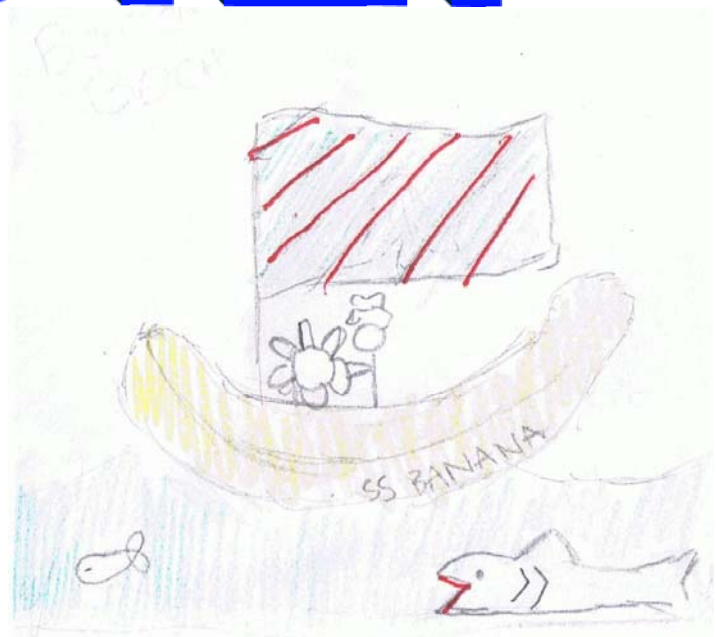
Banana Boats

Ingredients:

- Bananas
- Marshmallows
- Chocolate chips, caramel chips, or Red Hots

Procedures:

Split a banana lengthwise leaving the peel on. Fill with three marshmallows and a hand full of chips or Red Hots. Wrap in aluminum foil and set on hot coals for 2 minutes.



Fudge in a Bag

Ingredients:

- 3 oz package of cream cheese
- 1 lb box of powdered sugar
- 2 packets of cocoa mix or 1/2 cup of cocoa
- 2 tbsp of butter



Procedures:

Place all ingredients in one zip lock bag, seal bag, and place the bag in another zip lock bag. Mix until smooth. You just made fudge.

Vanilla Ice Cream

Ingredients:

- 1/2 cup milk 1/2 tsp vanilla
- 1 1/2 tbsp sugar 6 tbsp salt

Procedures:

Put milk, vanilla, and sugar into a pint or quart-sized freezer bag. Fill a large, gallon-sized freezer bag with ice. Add salt. Put the smaller bag into the larger bag and seal. Shake and mix until the ice cream thickens (approx. 10 minutes).

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Hotter than my home

Skillet!

Fried Bananas

Ingredients:

- *1 banana for each person*
- *1 spoonful of butter*
- *2 spoonfuls of sugar*
- *1 spoonful of cinnamon*



Procedures:

Put butter in pan. When butter is melted, put in bananas. Add sugar and cinnamon when banana begins to brown. Cook until bananas are soft and brown.

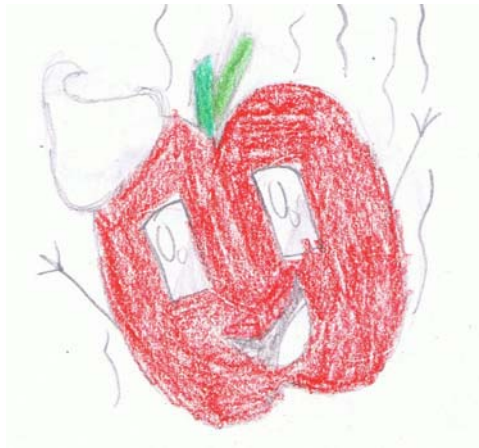
Campfire

Baked Apple Dessert

Ingredients:

1 Apple (Granny Smith or other tart apple is best)

- *1 Tsp. butter*
- *1 Tbsp. Brown sugar*
- *Dash of cinnamon*
- *Dash of nutmeg*
- *Raisins (optional)*

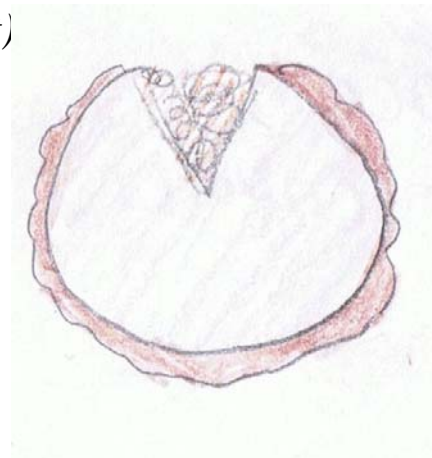


Procedures:

Cut apple in half and remove core. Keep skin on the apple. In the cored areas, place butter, brown sugar and raisins. Sprinkle with spices. Put two halves together and wrap well in foil. Place in hot coals and cook while eating supper (approx. 10 minutes).

Easy Peach Cobbler

*1 Box Duncan Hines yellow cake mix (O/U, parve)
2 29 oz cans sliced peaches (or equivalent)
3 eggs
1 cup sugar
1/2 cup brown sugar
Oil (at least 1/3 cup plus 4 teaspoons)
1 teaspoon cinnamon
Water
Large Ziploc bag to mix cake in*



In Ziploc bag, mix cake mix, 3 eggs, 1 and 1/3 cup water, 1/3 cup oil.

Preheat oven over 8 burning coals. Add 4 teaspoons oil to pot. Add 1/2 cup brown sugar to pot

When sugar has melted, dump in peaches (with no more than 1/2 cup of the juice), Add 1 cup sugar, Add 2 teaspoons cinnamon . . . and . . . Stir. Pour cake batter on peaches S-L-O-W-L-Y

Put lid on oven and add 12 burning coals on top of lid. After 15 minutes remove oven from coals on bottom and continue baking from top until cake is brown and cake is done (check with toothpick). Allow cake to cool 30 minutes before serving.

Dutch Oven

Devil's Tooth Cheesecake

Crust: 1/2 cube melted butter

1 package chocolate cookie wafers (Nabisco), crushed.

Mix butter and crumbs and press into a 10-inch Dutch oven, going up the sides at least 1-inch.

Filling: 2 packages 8-oz cream cheese

1 cup sugar

1 16-oz tub ricotta

6 eggs

1/2 cup sour cream

1.5 tsp almond flavoring

1.5 tsp vanilla

12 oz Nestles chocolate chips

1/4 cup butter

1/2 cup whipping cream.



Mix first five ingredients (cream cheese, sugar, ricotta, eggs, sour cream) until smooth. Melt chips, butter and whipping cream over low heat until smooth. Add almond flavoring. Pour 1/3 of white mixture into chocolate mixture and mix well. Pour this into crust. Add vanilla to remaining white mixture and carefully pour this over the chocolate layer already in the Dutch.

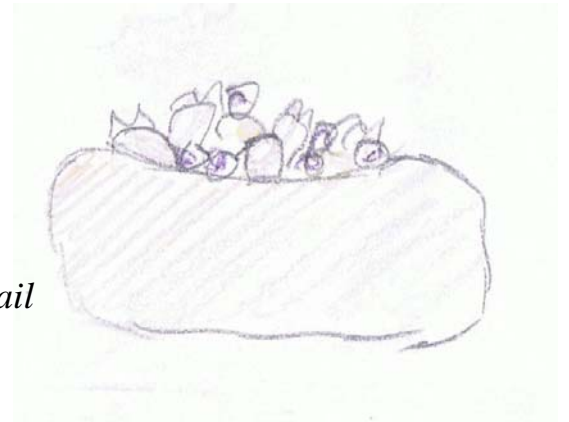
This is very dense and takes about 1.25 hours to bake, so be patient. It is done when the top cracks and is firm. This dessert is great warm, but to true chocoholics, it becomes the ultimate after cooling all night in the cold

Dump Cake

2 standard cans of cherries, peaches, or fruit cocktail

1 box of white or yellow cake mix

1 stick of butter



Dump fruit into a Dutch oven. Pour cake mix over it. Melt the stick of butter and pour it evenly over the cake mix. Put the lid on the Dutch oven and place over 12-14 hot coals; place 12-14 hot coals over lid (this creates a cooking temperature of 375-400 degrees). Let it cook for 30 minutes.

Bread Pudding

6 cups dry bread

6 eggs

4 cups milk

1/2 cup sugar

1 tablespoon vanilla

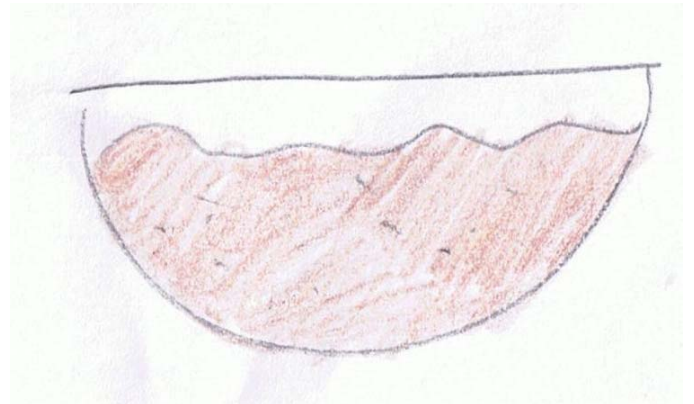
1 teaspoon cinnamon

1/2 teaspoon nutmeg

1.5 teaspoon finely shredded orange peel

1/4 teaspoon salt

1 cup raisins



Beat together milk, eggs, sugar, vanilla, cinnamon, nutmeg, orange peel and salt. Pour over bread and raisins. Bake at 350 for 1 hour or when inserted knife comes out clean.

BOX oven

Monkey Bread

Ingredients:

- Sugar
- Cinnamon
- 4 cans flaky, butter flavored refrigerated biscuits
- 1 big hunk of butter or margarine, melted

Procedures:

Cut each biscuit into four pieces. Roll in a mixture of cinnamon and sugar (not you, the biscuits). Place on a cooking pan and pour melted butter over the top. Bake in box oven at 350°F until done (about 15-20 minutes).



7-Up Cake

Ingredients:

- 1 pkg. Lemon “supreme” cake mix
- $\frac{1}{2}$ cup oil
- 4 eggs
- 1 12-oz can 7-Up
- 1 4.6-oz. pkg. Instant lemon pudding mix

Combine cake mix, oil, pudding mix and eggs; mix well. Stir in 7-Up and mix until smooth. Turn batter into 2 well-greased 8-inch cake pans. Bake at 350 degrees for 20-25 minutes, or until cake springs back when touched. Cool, then frost as desired.



Chocolate Cherry Coke Cake

Ingredients:

- 1 pkg. Chocolate “supreme” cake mix
- $\frac{1}{2}$ cup oil
- 4 eggs
- 1 12-oz can Cherry Coke-Cola
- 1 4.6-oz pkg. Instant chocolate pudding mix
- 1 jar Cherry preserves

Combine cake mix, oil, pudding mix and eggs; mix well. Stir in Cherry Coke-Cola and mix until smooth. Turn batter into 2 well-greased 8-inch cake pans. Bake at 350 degrees for 20-25 minutes, or until cake springs back when touched. While still warm, spread cherry preserves on top.



Jam Cake

Ingredients:

- 1 1/2 cups sugar
- 1 cup margarine
- 2 eggs, beaten
- 1 tsp cinnamon
- 1 tsp allspice
- 1 tsp cloves
- 1 1/2 tsp baking soda
- 14 tbsp sour milk
- 2 cups flour
- 1 small jar fruit jam



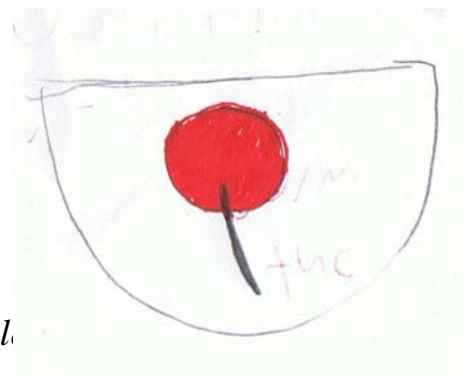
Procedures:

Mix together sugar and margarine. Add eggs and spices. Dissolve baking soda in sour milk and add to mixture. Add fruit jam. Mix well and add flour to make batter. Bake in a loaf pan in box oven at 350°F for 45 minutes.

Cherry Turnovers

Ingredients:

- 4 packages of refrigerator crescent rolls, 8 per pkg.
- 1 can cherry pie filling (or blueberry or peach or appl.



Procedures:

Spread dough into flat triangles. Spoon 2-3 cherries onto the center of each triangle. Fold dough in half so that the cherry topping is covered. Crimp edges together until air-tight.

Place 8-10 turnovers in the box oven at a time. Bake at 350°F for 10 minutes, or until golden brown.